

# GEAR UP

FOR

## GREATNESS



Nevada Department of Education, Carson City, Nevada

Winter 2009



### GEAR UP LEADERSHIP SUMMIT AT UNIVERSITY OF NEVADA, RENO DECEMBER 17, 2008

*Let's Start Now* was the theme of the University of Nevada, Reno (UNR), Center for Cultural Diversity Fall Summit for ninth-grade GEAR UP students. The Summit's objective was to introduce the freshman high school students to higher education.

The Summit also strived to instill self-confidence and encourage students to pursue a college education. Summit coordinators planned a day that consisted of five breakout sessions to inform students about goal setting and ways to obtain their future academic and career aspirations. The five sessions included appropriate college going topics: 1) College Bound, 2) College Experience, 3) Student Panel of current UNR students, 4) Broadcasting Your Goals and 5) Discover Your Major. Students attending the one-day summit represented Fallon, Gabbs, Hug, Owyhee and Wooster high schools. Two representatives from the Boise State College Upward Bound program also attended the summit.

Students were treated to lunch in the Down Under Café at UNR and received a "goodie bag" courtesy of Silver State Credit Union, a GEAR UP and UNR partner.

The conference committee members were Kari Emm, UNR; Sheryl Hicks, Wooster High School and Ellen Houston, UNR. The presenters were Fredina Drye-Romero, Nevada Department of Education; Lynn Manning, Washoe County School District and a number of undergraduate and graduate students at UNR.

#### GEAR UP is supported through the Nevada Department of Education and the Nevada State Board of Education

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Please see our web site at [www.doe.nv.gov/GEAR UP](http://www.doe.nv.gov/GEAR UP) for GEAR UP forms and information



## TEN TIPS FOR GREATNESS IN HIGH SCHOOL

Some students seem to make good grades look so easy. What's the secret to their success? Here are ten tips from form high school students in the Nevada State GEAR UP program. Great GEAR UP students follow these strategies:

- 1) Know your strengths and weaknesses – recognize your talents and abilities. If you have an area for improvement, get help through reading, tutoring and using the internet to sharpen those skills.
- 2) Get organized – all schools provide student planners. So get in the habit of using the planner to keep important dates, homework assignments, test dates and due dates for projects and papers. Get a notebook and put in dividers so you have a place to keep important papers for each class.
- 3) Be tops in time management – manage your time. Know how much time you need to study for a test, to write a paper or do homework. Use your extra time in class or during the school day to get homework and research done.
- 4) Strive for peak performance in class – show up every day prepared for class. Bring text book, notebook and supplies. Learn the style and personality of each teacher and adjust because someday you will have a boss and will need to adapt to their style, too. Participate in class, do homework, be a team player and be ready for tests and major class projects.
- 5) Be a nifty note taker — taking class notes is an art. Listen and write notes in an outline form so that you can summarize key points and review after class.
- 6) Translate textbook into language you can understand – look up difficult vocabulary words. Also, take notes on chapters, review chapter summaries and review questions at the end of the chapter.
- 7) Be smart about studying – have a good place to study. Organize study time for maximum benefit, and use acronyms and silly, memorable phrases to help you memorize complex information.
- 8) Test-taking techniques – get going on tests immediately. Eliminate wrong answers on multiple choice questions, look for key words to give you clues about the correct answer, check math calculations and review after the test to see what you missed.
- 9) Avoid stress before test and deadlines – early preparation will help you avoid last minute anxiety. Get a good night's rest and eat something healthy before the test.
- 10) Reach out for help when you need it – there are many people who can help you: teachers, friends, parents, mentors and others. If you need assistance, let someone know.



## IMPORTANT MESSAGE TO GEAR UP STUDENTS



### MAKING THE MOST OF HIGH SCHOOL

Each of you as a GEAR UP student has completed the first semester of the ninth-grade school year. High school is such an exciting and fun time because you are on a personal journey for your future. The journey through high school has so many possibilities. You can pursue academic choices such as mathematics, science, history, literature, writing, business, technology, foreign language, culinary arts, music and all the arts. You can get involved in leadership by joining clubs and accepting an officer position. Every high school has many sports options, including football, basketball, baseball, volleyball, track, tennis, golf and others. The fine arts are available too, including band, choir, art, technology and the media.

Some students enter the working world, and work part time during school and in the summer. High school is definitely a time to explore, find out what you like and what you don't like to do. Many adults will tell you that what they learned in high school about making choices led them to college and/or future careers.

Take advantage of what GEAR UP offers. Every school has field trips planned during the school year. Most of the field trips happen in the spring and it's up to you to let the GEAR UP coordinators at the school know which college campuses you are interested in visiting. Most schools plan for visits to more than one college or university each year.

GEAR UP has tutoring available at every school. Most schools have people that are tutoring during school time in certain classes, at lunchtime and after school. Several schools have the [www.smarthinking.com](http://www.smarthinking.com) tutorial so that you can go online and get a college professor to help you with homework. Also, learn about money management. Most of your schools are having guest speakers from banks and credit unions come and talk with you about credit cards, loans and checking and savings accounts.

GEAR UP is also buying and improving technology for your schools, so please check out the laptops if they are available at your school: use the Career Cruising Program and build an Individual Learning Plan/Academic Plan in the online portfolio. That way, you have a plan and direction for the future. The Individual Learning Plan/Academic Plans can be changed through high school as you grow and start to refine your choices.

Think about taking dual-credit college classes when you are a junior and senior. The GEAR UP program will assist you with tuition and college books for the college courses.

The high school years pass quickly, so make the most of this fantastic opportunity. These four years are the chance to explore and discover your passions. A \$10,000 scholarship is waiting for you at graduation. Be sure you earn the award by obtaining a GPA of 2.0 or higher and passing all sections of the proficiency exam.

Everyone who works with GEAR UP is pulling for you. We want you to find your dream and be able to obtain the education you need to pursue that dream.

Make the most of the new year, 2009! Let's start now to get ready for the future.

Charlotte Curtis, [ccurtis@doe.nv.gov](mailto:ccurtis@doe.nv.gov)

**College of Southern Nevada  
6th Annual Science & Technology Fair  
Mark Your Calendars!  
Friday, March 27, 2009**

CCSD will be providing transportation to  
CSN on the day of the event



Exhibits and Demonstrations Include: Computer Graphics/Web Design, Cisco IP Telephony, Microbe Madness, Rocket Launching, Fashion Show: Professional Attire, Sumo-bot Battle, Planetarium Shows, Frozen Lemonade Making, Digital Photography ... and more.

Tell your friends—Bring your family  
**FUN FOR ALL AGES!**



**ALUMNI SECTION**

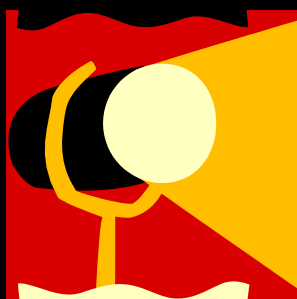
**GEAR UP Hug High School Graduate, Armon Johnson,  
is UNR Wolfpack Basketball Star**

UNR Wolfpack sophomore guard, Armon Johnson, was selected by coaches as preseason Western Athletic Conference (WAC) Player of the Year. He is a local player who was also named the WAC Freshman of the Year after a solid rookie campaign. He looks to mature his game as a sophomore; he started all but one game in his freshman year and will eventually be able to play both backcourt positions.

Armon is a 2007 graduate of Hug High School in Reno and is a GEAR UP scholar. He was named the Northern 4A Regional Co-Player of the Year in each of his last two years. He finished his high school career tied for the all-time scoring lead in the state of Nevada with 2,616 career points. He is a two-time, first-team, all-state selection, averaging 33.6 points, 9.0 rebounds and 2.3 assists as a senior. Armon led the Hawks to the Sierra League championship and the Class 4A state semifinals in 2006.

Armon turned in 25 points, five rebounds and five assists per game his sophomore year at Hug and was named his team's Most Valuable Player in each of his last three seasons. He captained his squad three years (2005-07) and lettered in basketball and track and field.





# Coming Events!!

## Winter 2009



February - ACT EXPLORE results ready for schools

February 2 - National Job Shadow Day



March 5 - Clark County School District (CCSD)  
GEAR UP Team Meeting

March 5 & 6 - McDermitt - UNR Visit

March 16 & 17 - American Indian/Alaskan Native Education  
Summit - UNR Joe Crowley Student Union

March 23 - Beatty - Career Day

March 24 - Yerington - College Visit

March 27 - CCSD - College of Southern Nevada Science &  
Technology Fair

Sierra Nevada College



April 4 - CCSD - GEAR UP Team Meeting

April 11 - Owyhee - Northwest Nazarene  
& Albertsons College Visit

April 23 - Mineral - Career Fair

April 24 - Wooster - Career Day - Science

April 24 through 26 - Las Vegas - Mega Conference

April 28 - Wooster College & Career Mall



## NEVADA GEAR UP HIGH SCHOOLS

### CLARK COUNTY SCHOOL DISTRICT

Basic HS  
Chaparral HS  
Del Sol HS  
Desert Pines HS  
Eldorado HS  
Las Vegas HS  
Legacy HS  
Mojave HS  
Valley HS

CCSD CTE and Magnet Schools

### ELKO COUNTY SCHOOL DISTRICT

Owyhee HS

### LYON COUNTY SCHOOL DISTRICT

Yerington HS

### HUMBOLDT COUNTY SCHOOL DISTRICT

McDermitt HS

### MINERAL COUNTY SCHOOL DISTRICT

Mineral County HS

### NYE COUNTY SCHOOL DISTRICT

Beatty HS  
Gabbs HS  
Pahrump Valley HS  
Tonopah HS

### PERSHING COUNTY SCHOOL DISTRICT

Pershing County HS

### WASHOE COUNTY SCHOOL DISTRICT

Hug HS  
Wooster HS  
Dean's Future Scholars

## GEAR UP CONTACTS

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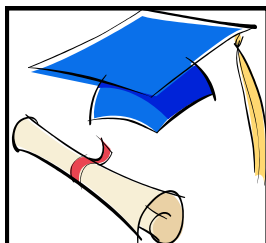
## GEAR UP Partners

## GEAR UP PADRES

GEAR Up es un programa de apoyo para los estudiantes y padres con informacion y actividades para prepararlos para el colegio.

Suéñelo  
Créalo  
Lógrelo

Favor de llamarle al consejero escolar de su hijo/hija para la información acerca del Programa GEAR UP



Silver State Schools  
Credit Union



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State Treasurer  
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ACT  
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**Career Cruising**